

Summary:

Title: Importance of comprehensive rehabilitation to Multiple Sclerosis patients

Aim of the thesis: To summarise the current knowledge of cerebrospinal multiple sclerosis. To define a comprehensive rehabilitation programme with an emphasis upon healing rehabilitation, specifically using movement and other special therapeutic processes. To describe its importance for Multiple Sclerosis patients.. To set up a twelve week comprehensive rehabilitative programme based upon the theory and to test its effectiveness in practice.

Methodology: As to research methods, experiments, questionnaire survey and comparative analysis were selected. At two equally sized groups (n = 10) of Multiple Sclerosis patients chosen from the database of the Centre for Demyelinating Diseases at the Neurological Clinic 1. LF UK and VFN (Centrum pro demyelinizační onemocnění Neurologické kliniky 1. LF UK a VFN) the importance of twelve week comprehensive rehabilitation programme have been examined using the T25-FW, EDSS, MFIS, MSQOL-54 and WHODAS II. The first, experimental group have undergone the twelve week comprehensive rehabilitation programme The second, control group of chosen patients have not carried out any regular activity throughout the same time period. The input (before start of the programme) and output (after termination of the programme) results of individual participants have been compared and statistically evaluated.

Results: The summary of current theoretical and practical knowledge suggests that comprehensive rehabilitation will have a positive effect on Multiple Sclerosis patients. and confirms our hypothesis of importance of comprehensive rehabilitation to Multiple Sclerosis patients

Keywords: cerebrospinal multiple sclerosis, comprehensive rehabilitation, activity programme, physical condition, mental condition, quality of life.